



## **Town of Dumfries Police Department Self-Defense Class for Women!**

**Thursday, May 24th  
7:30pm-9:00pm  
Community Center (next to Town Hall)**



- ♦ Decrease your chances of becoming a victim
- ♦ Learn Self-Defense tactics
- ♦ Learn how to use pepper spray as a defensive weapon

All women who are residents of the Town of Dumfries who are 16 years of age and older. (Participants under the age of 18 will be required to have their parents or guardians complete a form allowing them to participate).

Space is limited to the first 20 individuals who register. Please contact Executive Assistant, Penny Shaffer by email at: [pshaffer@dumfriesva.gov](mailto:pshaffer@dumfriesva.gov) to reserve your space by May 10, 2012!